

UNDERSTANDING
DOMESTIC VIOLENCE

A ONE-DAY WORKSHOP



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20410 Observation Drive, Suite 107
Germantown, MD 20876

Phone: 301-948-0599
Fax: 301-948-4325
Email: info@fatherhood.org
Website: www.fatherhood.org

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Primary Author: Leonel E. Mesa, Jr. Psy.D., LMHC

Contributing Authors: Erik Vecere and Christopher Brown, National Fatherhood Initiative

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Understanding Domestic Violence

Table of Contents

Introduction	1
Session 1: What is Domestic Violence?	4
Activity 1.1: Domestic Violence and the Fear Factor	
Activity 1.2: Domestic Violence and the Effects on Children	
Activity 1.3: Closing	
Session 2: Understanding the Cyclical Nature of Domestic Violence	10
Activity 2.1: The Cycle of Violence	
Activity 2.2: The Cycle of Violence and the Effects on the Victim	
Activity 2.3: Closing	
Session 3: The “Red Flags” of Domestic Violence	14
Activity 3.1: Early Warning Signs of Domestic Violence	
Activity 3.2: Promoting a Non-Violent Home Environment	
Activity 3.3: Closing	
Appendix	20
Appendix A: Fear Factor Inventory	
Appendix B: Cycle of Violence Handout	
Appendix C: Red Flags	
Appendix D: Green Flags	
Appendix E: Early Warning Signs Handout	
Appendix F: Non-Violent Strategies Handout	
Appendix G: Domestic Violence Support and Information Handout	

Introduction

Domestic violence refers to the use of physical, sexual, verbal, psychological, or economic abuse or coercion by an individual against a current or former partner.¹ Also known as *intimate partner violence*, it can occur between spouses, former spouses, or girlfriends and boyfriends.² Though men are more often the perpetrators, domestic violence may be committed by men or by women, and both men and women can be victims.³

Domestic violence may take one of several forms.

- **Physical violence** occurs when one partner uses physical force against the other partner, such as hitting, punching, kicking, or burning.
- **Sexual violence** occurs when one partner forces the other partner to participate in unwanted sexual behavior.⁴
- **Verbal violence** includes threats of harm toward the other partner.
- **Psychological or emotional violence** is defined as “trauma to the victim caused by acts, threats of acts, or coercive tactics,” and may include degrading a partner, restricting what a partner is allowed to do, withholding information from a partner, or isolating a partner.⁵ The severity of domestic violence can range greatly within and across households. Researchers have identified three types of domestic violence. Each of these types can be perpetrated by partners of either gender and may be one-sided or mutual.
- **Situational couple violence**, also known as **common couple violence**, occurs when a disagreement or conflict escalates into violence, such as shoving or slapping.⁶
- **Patriarchal terrorism or intimate terrorism** is a “systematic, intentional” form of violence in which one partner—usually a male—terrorizes the other through physical violence, threats, and other tactics in order to control the victim.⁷
- **Violent resistance** is a victim’s physical response to his or her partner’s intimate terrorism.⁸

Healthy, nurturing, and loving fathers play a significant role in preventing domestic violence. When a boy is raised with a father who appreciates the importance of relating to the mother in an equal and fair manner, he learns that being a man is not about being above, having power or asserting control over women. Being raised with an absent or abusive father is a powerful predictor of male violence.

1 Centers for Disease Control. (2006a). *Intimate partner violence: Overview*. Retrieved March 1, 2007, from <http://www.cdc.gov/ncipc/factsheets/ipvoverview.htm>; Ooms, T., Boggess, J., Menard, A., Myrick, M., Roberts, P., Tweedie, J., et al. (2006). *Building bridges between healthy marriage, responsible fatherhood, and domestic violence programs: A preliminary guide*. Washington, DC: Center for Law and Social Policy and the National Conference of State Legislatures.

2 Ooms et al. (2006); Centers for Disease Control (2006a).

3 Ooms et al. (2006); Centers for Disease Control (2006a).

4 Ooms et al. (2006); Centers for Disease Control (2006a).

5 Ooms et al. (2006); Centers for Disease Control (2006a).

6 Johnson, M. P. (1995). Patriarchal terrorism and common couple violence: Two forms of violence against women. *Journal of Marriage and the Family*, 57(2), 283-294; Ooms et al. (2006).

7 Johnson (1995), 284.

8 Johnson, M. P. (2006). Conflict and control: Gender symmetry and asymmetry in domestic violence. *Violence Against Women*, 12(11), 1003-1018.

Likewise, fathers influence how their daughters expect to be treated. A girl who is raised in a home with a healthy, nurturing, and loving father is more likely to become a confident woman who won't tolerate verbal and physical abusiveness from men. She'll know she deserves better.

Because your fatherhood program connects you with a diverse population of men, you are well-positioned to prevent or identify domestic violence situations. NFI has designed this workshop to help your organization be proactive in the reduction of domestic violence. Moreover, the increasing emphasis from funders on collaboration between domestic violence groups and organizations that serve fathers and their families can help position your organization for additional funding.

The objectives of this workshop are to: 1) create a bridge between fathering programs and domestic violence prevention advocates including those who operate Batterer Intervention Programs (BIP); 2) support domestic violence programs' goals by creating awareness that will encourage men to seek help earlier and, ultimately, decrease the impact of intimate partner abuse; 3) help fathers understand what domestic violence is and how it impacts others; and 4) provide fathers with strategies to seek support for themselves or with others (e.g. children and children's mom). Do not use this workshop in place of a BIP because the focus of these sessions is to **raise awareness of domestic violence**. Intervention after domestic violence occurs requires a more comprehensive, therapeutic approach.

Many fathers who participate in this workshop will increase their awareness of what domestic violence is and, as a result, reduce the likelihood of domestic violence in their families. This workshop has information on domestic violence, such as its cyclical nature and recognizing its red flags, that can help keep men out of a BIP. There is also a possibility that it will trigger these fathers or someone they know to seek assistance from a BIP.

Each session includes didactic, group, and interactive learning that help fathers explore issues related to domestic violence. Fathers will learn:

- Definitions of domestic violence
- Prevalence of domestic violence in society
- The family impact of domestic violence
- The effects of domestic violence on children
- The cyclical nature of domestic violence
- How to recognize the early warning signs of domestic violence
- How to foster non-violence in the home

Everyone deserves a safe, stable, emotionally-healthy, and nurturing home environment. Throughout the workshop, your main focus should be to lead fathers to create that kind of environment for their family.

You can use this workshop as a stand-alone workshop even if you don't currently have a fathering program. If you run a fathering group, you can either integrate the three sessions into your program or simply use them before the start or at the end of your program. If you use NFI's 24/7 Dad™ A.M. program, we recommend integrating this workshop between Session 7 (Fathering and Family Roles) and Session 8 (Fathering and Culture) to allow the fathers to deal with important aspects of self-awareness that occurs

in earlier sessions such as Session 1 (Family of Origin) and Session 2 (Masculinity). Moreover, Session 7 gives fathers an opportunity to create the “Ideal Father” and assess what kind of father and partner they are. The sessions on domestic violence awareness builds nicely on these topics. If you use NFI’s InsideOut Dad program, you can use a similar strategy by integrating this workshop between Topic 7 (Fathering) and Topic 8 (Parenting).

The next generation depends on us for guidance and instruction. As you practice the principles in this workshop and see its objectives come to fruition, you will contribute to the reduction of violence in our homes and the societal consequences of it.

Session 1: What is Domestic Violence?

ACTIVITY 1.1 Domestic Violence and the Fear Factor

TIME: 45 minutes

MATERIALS: Fear Factor Inventory found in Appendix A, flip chart, and magic markers

GOAL: To raise awareness and understanding of domestic violence.

PROCEDURES:



NOTE TO FACILITATOR:

Procedure 3 is important because it will stimulate their **thinking** about domestic violence and, more importantly, their **feelings** associated with this issue.



NOTE TO FACILITATOR:

Keep the flip chart pages so you can refer back to them during Session 3.



1. Welcome each father to the session and explain that the 3 sessions in this workshop will increase their awareness of the dynamics of domestic violence and its effect on the family.
2. Mention that even though we know domestic violence can be perpetrated by both men and women, this workshop focuses on the violence and its effects as it is perpetrated by men towards women.
3. Ask the group to share their thoughts about the words **DOMESTIC VIOLENCE** that you will write on the flip chart. Before you write the words tell the group that you want them to think about and reflect on both of the words you will write and that you want them to share with the group whatever thoughts, ideas, or feelings come to mind and cross their heart.
4. Write the words, **DOMESTIC VIOLENCE** on the flip chart and take 5 minutes to write down all of the fathers' responses on the chart.
5. Divide the fathers into two groups and give them 20 minutes to identify the following definition (a.) and thoughts on the following concept (b.).
 - a. A definition of domestic violence.
 - b. How domestic violence affects the family.
6. Bring the fathers back together and have each group share their definition of domestic violence and their thoughts and feelings about how it affects the family.
7. Take 10 minutes to ask the fathers the following questions.
 - a. How does domestic violence affect the relationships within a family?
 - b. How does it affect the relationship between mom and dad?
 - c. How does it affect the relationships between/among the children in a family?
 - d. How does it affect the relationship between mom and the children?
 - e. How does domestic violence affect the relationship between dads and their sons?

—Continued

- f. How does domestic violence affect the relationship between dads and their daughters?
8. Share with the group the following definitions of domestic violence.
 - a. “Domestic violence is characterized as a pattern of coercive behaviors that may include repeated battering and injury, psychological abuse, sexual assault, progressive social isolation, deprivation and intimidation. These behaviors are perpetrated by someone who is or was involved in an intimate relationship with the victim.” —*Diagnostic and Treatment Guidelines on Domestic Violence, AMA 1992*
 - b. “Any attempt to impose your will on another is an act of violence.” —*Ghandi*
9. Mention that the first definition is a formal explanation of domestic violence and that the term “coercive” means to bring something about by force or threat. Ask the fathers for examples of coercive behavior. State again the examples of coercive behaviors listed in the first definition for emphasis.
10. Read the second definition again and ask the fathers to reflect and interpret its meaning.
11. Handout the Fear Factor Inventory. Explain that although many people think domestic violence is about anger, it really isn’t. Batterers tend to take their anger out on their intimate partner, but it’s really not about anger. It’s about trying to instill **fear** and wanting to have power and control in the relationship. Tell them that this inventory is a great tool to help them become more aware of the importance of remaining violence-free in their relationship with their wife, child’s mom, or with the woman with whom they currently have a relationship even if they don’t have children with that woman. Take about 10 minutes to go through the remaining procedures.
12. Have them rate the amount of fear that exists in their relationship from the perspective of their wife, child’s mom, or with the woman with whom they currently have a relationship even if they don’t have children with that woman.
13. Mention that no matter where they rated the level of fear she has for him that this awareness is just the beginning of a greater understanding of who they are as a husband or partner and as a dad. Tell them that we will talk in future sessions about the kind of person they want to be in relation to their wife, child’s mom, or partner and their children.
14. Now have them rate how much they fear their wife, child’s mom, or partner.
15. Finally, have them rate the level of fear their child(ren) has of them.



NOTE TO FACILITATOR:

The second definition gives the fathers a greater sensitivity to what it means to be violent.



NOTE TO FACILITATOR:

If a father has children with multiple women and is not in a relationship, have him rate his most recent relationship with the mom of at least one of his children.

16. Mention that we are here so that we can not only learn more about our awareness of domestic violence, but also how others who we care about deeply perceive our behavior and attitudes. Completing the inventory provides a great opportunity to begin the process of challenging ourselves by taking a more detailed look at some of the changes that we might need to make in our attitudes and behaviors so we can move towards a more caring, loving, non-violent relationship with those whom we love. It also helps us to spot when others we care about are involved in domestic violence.

Session 1: What is Domestic Violence?

ACTIVITY 1.2 Domestic Violence and the Effects on Children

TIME: 30 minutes

MATERIALS: Enough containers of modeling clay for each man, flip chart, and magic markers

GOAL: To increase the understanding of the effects domestic violence has on children.

PROCEDURES:

1. Explain that we will now move from talking about the effects of domestic violence on the entire family to concentrate on the effects on children who live in an abusive environment.

Take 10 minutes to write the following words on the flip chart one at a time and ask the corresponding question for each word before moving on to write the next word on the flip chart and ask the corresponding question for that word.

- a. **GUILT** – Why do children who live with violence and abuse feel guilty?
- b. **CONFUSION** – Why are these children often confused about what's happening to and around them?
- c. **LONELINESS** – What causes a child to feel lonely as a result of living with violence and abuse?
- d. **DISTRUST** – Why do children have distrust when living with violence and abuse?



NOTE TO FACILITATOR:

Although you can use Play-Doh® as an alternative, we recommend modeling clay because it is more difficult to mold and will help the fathers apply additional insight to the concepts of pain and despair that children experience.

2. Mention that the fathers will do an exercise that will help them become more sensitive to the children who are in families where there are incidents of violence and abuse. Mention that a few moments ago we had an opportunity to discuss what's in these children's heart and capture their pain and suffering. You will now mold some clay into a visual representation of the pain and despair children experience in an abusive environment.
3. Provide a small container of clay to each father and give the group 10 minutes to mold it.
4. After they finish molding the clay, ask them the following question.
 - a. What was going on in your heart as you went through this exercise?
5. Ask for volunteers to share their clay-creation story.

6. Share this list of beliefs that often develop in children living in the midst of violence.
 - a. Violence is an acceptable and legitimate way for a person to handle conflict.
 - b. Promises are easily made, easily broken.
 - c. A child's needs are unimportant.
 - d. You never know when someone will turn on you.
7. Mention that this activity provides a greater understanding of the effects of domestic violence on children and, more importantly, to underscore the value of a father who demonstrates loving affection, a caring attitude, a gentle heart, and non-violent behavior. These are core attitudes and behaviors that children need to experience so they can develop a greater sense of confidence, trust, and self worth.

Session 1: What is Domestic Violence?

ACTIVITY 1.3**Closing****TIME:**

5 minutes

MATERIALS:

Flip chart and magic markers

GOAL:

To allow the fathers to comment on and end the session.

PROCEDURES:

1. Ask each father to complete the following statements.
 - a. One new thing I learned today is _____.
 - b. The reason this information will help me become a better dad is _____.

Session 2: Understanding the Cyclical Nature of Domestic Violence

ACTIVITY 2.1 The Cycle of Violence

TIME: 25 minutes

MATERIALS: Cycle of Violence handout found in Appendix B, 2-foot long thick rope for each pair of fathers, flip chart, and magic markers

GOAL: To help the fathers understand the cyclical nature of domestic violence.

PROCEDURES:

1. Welcome the fathers to Session 2. Mention that the session will provide them an opportunity to understand the cyclical nature of domestic violence. Let them know that even if they do not have a history of domestic violence, this information is critical so they can better understand and identify when someone they care about might be caught in the cycle.
2. Give fathers the Cycle of Violence handout and take 10 minutes to cover procedures 3 through 5.
3. Write the words **PHASE ONE** on the flip chart.
 - a. Mention that the tension in this phase is internal versus external. It is not caused by the environment. It is generated by the individual. The tension which is internal can be a by-product of the other person making a request, or having a different opinion. These are factors that might contribute to the abuser's internal tension.
4. Write the words **PHASE TWO** on the flip chart.
 - a. Mention this phase is when the abuser decides to act in ways that are abusive, violent, and dangerous.
5. Write the words **PHASE THREE** on the flip chart.
 - a. Mention that this phase is also known as the "honeymoon" phase because the aggressor tries to reconcile (e.g. makes promises that things will be different, attends counseling, sends flowers, asks for forgiveness, etc.). This phase scares the victim because she is not sure if the promises are genuine.

**NOTE TO FACILITATOR:**

Steps e-g reflect Phase One and Phase Two of the cycle. Each time the victim pulls back, it represents the tension of Phase One and each time the abuser pulls back, it represents the violent act of Phase Two. Step h reflects the “honeymoon” characteristics found in Phase Three.

6. Have the fathers pair up and take 10 minutes to do the following “Dr. Jeckyl and Mr. Hyde” exercise.
 - a. Give each pair a rope.
 - b. Have them decide who will be Person A and Person B.
 - c. Tell them that Person A will be the abuser and Person B will be the victim.
 - d. Have Person A hold one end of the rope and Person B hold the other end,
 - e. Instruct the pairs to pull the rope back and forth.
 - f. Instruct Person A to smile each time he pulls and Person B to show sadness.
 - g. Instruct Person A to express anger each time he gets pulled and Person B to show assertiveness when he pulls.
 - h. Give the pairs a minute to pull the rope back and forth and then instruct Person B to let go of the rope and Person A to drop to his knees.
 - i. Now have them switch roles and repeat the exercise.
7. Ask for general feedback on this exercise.
8. Ask the following questions.
 - a. In what ways did you see the three phases during this exercise?
 - b. How did it feel to be the abuser?
 - c. How did it feel to be the victim?

Session 2: Understanding the Cyclical Nature of Domestic Violence

ACTIVITY 2.2 The Cycle of Violence and its Effects on the Victim

TIME: 30 minutes

MATERIALS: Crayons and blank paper

GOAL: To help fathers further understand the cyclical nature of domestic violence.

PROCEDURES:

1. Tell the fathers that now they've experienced the cycle of violence through the rope exercise, we will look at some of the emotions the victim feels when she is caught in this cycle.
2. Take 10 minutes and ask the fathers the following question. Capture their responses on the flip chart.
 - a. What are some of the emotions the victim feels when she is caught in this cycle?
3. Take participants through the following activity.
 - a. Provide crayons and blank paper to each man.
 - b. Give the men 15 minutes to create a visual representation of the emotional effects caused by someone living in this cycle.
4. Ask for volunteers to share what they created.
5. Mention that this abuse begins in a subtle way, often takes place within the context of the home, and is emotionally and spiritually damaging to the victim and others within the home.

Session 2: Understanding the Cyclical Nature of Domestic Violence

ACTIVITY 2.3**Closing****TIME:**

5 minutes

MATERIALS:

Flip chart and magic markers

GOAL:

To allow the fathers to comment on and end the session.

PROCEDURES:

1. Ask each father to complete the following statements.
 - a. One new thing I learned today is _____.
 - b. The reason this information will help me become a better dad is _____.

Session 3: The “Red Flags” of Domestic Violence

ACTIVITY 3.1 Early Warning Signs of Domestic Violence

TIME: 45 minutes

MATERIALS: Flip chart, magic markers, red flags found in Appendix C, green flags found in Appendix D, Early Warning Signs handout found in Appendix E, Non-Violent Strategies handout found in Appendix F, and Domestic Violence Support and Information handout found in Appendix G

GOAL: To create a greater awareness of the early warning signs—the “red flags” associated with domestic violence.

PRE-SESSION PROCEDURES:

1. Make copies of the pages in Appendix C of this workshop, the first three (3) individually on separate sheets of red paper and the last five (5) on the same/a single sheet of red paper.
 - a. Jealousy & Possessiveness
 - b. Name Calling & Humiliation
 - c. Controlling & Manipulative
 - d. Threats & Breaking Household Items
 - e. Isolation
 - f. Minimizing
 - g. Denying & Blaming
 - h. Using the Children
2. Make copies of the pages in Appendix D of this workshop, the first three (3) individually on separate sheets of green paper and the last five (5) on the same/a single sheet of green paper.
 - a. Valuing Others’ Opinions
 - b. Express Empathy & Be Emotionally Affirming
 - c. Accepting Responsibility for One’s Actions
 - d. Communicating Openly & Truthfully
 - e. Being a Positive & Non-Violent Role Model for the Children
 - f. Sharing Parental Responsibilities
 - g. Sharing Equal Responsibility in Household Financial Decisions
 - h. Be Willing to Compromise & Resolve Disagreements in a Mutually Satisfying Manner
3. Make copies of the following handouts: red flags, green flags, Early Warning Signs, Non-Violent Strategies, and Domestic Violence Support and Information.

PROCEDURES:

1. Welcome the fathers to the session. Mention that it will increase their awareness of the early warning signs or “red flags” related to domestic violence. Again, even if they do not have a history of domestic violence, this information is critical for them to identify when someone they care about, like their own child(ren), is caught in an abusive relationship.
2. Divide the fathers into groups of three (3) and hand each group a red flag that contains the first three types of abusive behavior (i.e. Jealousy & Possessiveness; Name Calling & Humiliation; and Controlling & Manipulative).
3. Write the following questions on the flip chart and give the groups 10 minutes to answer them as it relates to their red flag.
 - a. What are the effects of this form of abuse on the family?
 - b. What are some emotional wounds caused by this form of violence?
 - c. How does this affect the relationship between and among family members?
 - d. How do children react when they see this form of abuse?
4. When the time is up, ask the groups to share some of their responses.
5. Briefly discuss the remaining red flags (i.e. Threats & Breaking Household Items; Isolation; Minimizing; Denying & Blaming; and Using the Children) that the three (3) groups did not use.
6. Explain that if the fathers see or hear about these “red flag” behaviors from someone they know, it should trigger some concern. Let’s take a look at more early warning signs that can help you identify if someone is at risk.
7. Mention that abusive behaviors often start subtly and worsen over time. Give the fathers a copy of the Early Warning Signs handout and then take 15 minutes to go over the following list of “red flags.”
 - Controls the household finances
 - Looks and acts in ways that cause fear
 - Acts with jealousy, possessiveness and accuses partner of cheating
 - Attempts to control how partner spends her time, who she sees or speaks with
 - Wants permission from partner to make everyday decisions
 - Stops partner from seeing family members and friends
 - Prevents partner from going to work, school, and church activities
 - Blames others for wrongdoings
 - Uses intimidation by destroying property (e.g. throwing television remote control against the floor, punching a wall, and kicking a door or yelling)

—Continued

- Threatens partner with violence or a weapon
 - Uses insults, profanity, and name calling to put down his partner
 - Emotions are unpredictable, they can fluctuate from extreme highs and lows
 - Breaks promises frequently
 - Can't take criticism and always justifies his actions
 - Uses children to relay messages
8. Close this activity by asking the fathers whether they've seen any of these “red flags” in relationships of relatives, friends, and anyone else they might know.

Session 3: The “Red Flags” of Domestic Violence

ACTIVITY 3.2 Promoting a Non-Violent Home Environment

TIME: 40 minutes

MATERIALS: Flip chart, magic markers, tape, red flags from the last activity, green flags found in Appendix D, and Non-Violent Strategies handout found in Appendix F

GOAL: To help fathers gain a greater awareness of actions that foster non-violence in the home.

PROCEDURES:

1. Mention this part of the session will help them to understand the specific behaviors they can use to promote a non-violent home environment.
2. Begin with the following review of the first two sessions. Give this review 15 minutes.
3. Tape on the walls the flip chart pages you filled out during the first two sessions. Ask the fathers to read through the pages and mention one or two things that they learned or appreciated from your time together. Feel free to add a couple more that were not mentioned by the group.
4. Divide the fathers into groups of three (3) and hand each group a green flag that contains the first three types of non-violent strategies (i.e. Valuing Others’ Opinions; Express Empathy & Be Emotionally Affirming; and Accepting Responsibility for One’s Actions).
5. Write the following statements on the flip chart and give the groups 10 minutes to answer them as it relates to their green flag.
 - a. List one (1) action step you could do in the next week that would improve your ability to accomplish that non-violent strategy.
 - b. List two (2) action steps you could do in the next month that would improve your ability to accomplish that non-violent strategy.
6. When the time is up, ask the groups to share some of their responses.
7. Briefly discuss the remaining green flags (i.e. Communicating Openly & Truthfully; Being a Positive & Non-Violent Role Model for the Children; Sharing Parental Responsibilities; Sharing Equal Responsibility in Household Financial Decisions; and Be Willing to Compromise & Resolve Disagreements in a Mutually Satisfying Manner) that the three (3) groups did not use.

8. Now provide fathers with the Non-Violent Strategies handout and tell them that healthy and nurturing dads play a crucial role in preventing domestic violence in the home. Dads who provide their children with a safe and stable environment are self-confident and better equipped to handle conflict in their lives in healthier ways. The following strategies help dads promote a non-violent home.
 - a. Valuing others' opinions
 - b. Expressing empathy and being emotionally affirming
 - c. Accepting responsibility for one's actions
 - d. Communicating openly and truthfully
 - e. Being a positive and non-violent role model for the children
 - f. Sharing parental responsibilities
 - g. Sharing equal responsibility in household financial decisions
 - h. Be willing to compromise and resolve disagreements in a mutually satisfying manner

Session 3: The “Red Flags” of Domestic Violence

ACTIVITY 3.3

TIME:

MATERIALS:

Closing

10 minutes

Flip chart, magic markers, and Domestic Violence Support and Information Handout found in Appendix G

GOAL:

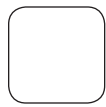
To allow the fathers to comment on and end the session.

PROCEDURES:

1. Recap the three themes of the sessions and encourage the fathers to stay attentive to domestic violence issues around them and to their commitment to a non-violent home.
2. Provide the fathers with the Domestic Violence Support and Information handout as you wrap up.

Appendix A – Fear Factor Inventory

1. Rate how much your wife, child's mom, or your current partner fears you.



1

Lives
without
fear



2



3



4



5



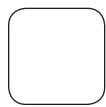
6



7

Lives in
constant
fear

2. Rate how much you fear your wife, child's mom, or your current partner.



1

Lives
without
fear



2



3



4



5



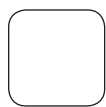
6



7

Lives in
constant
fear

3. Rate how much your child or children fears/fear you.



1

Lives
without
fear



2



3



4



5



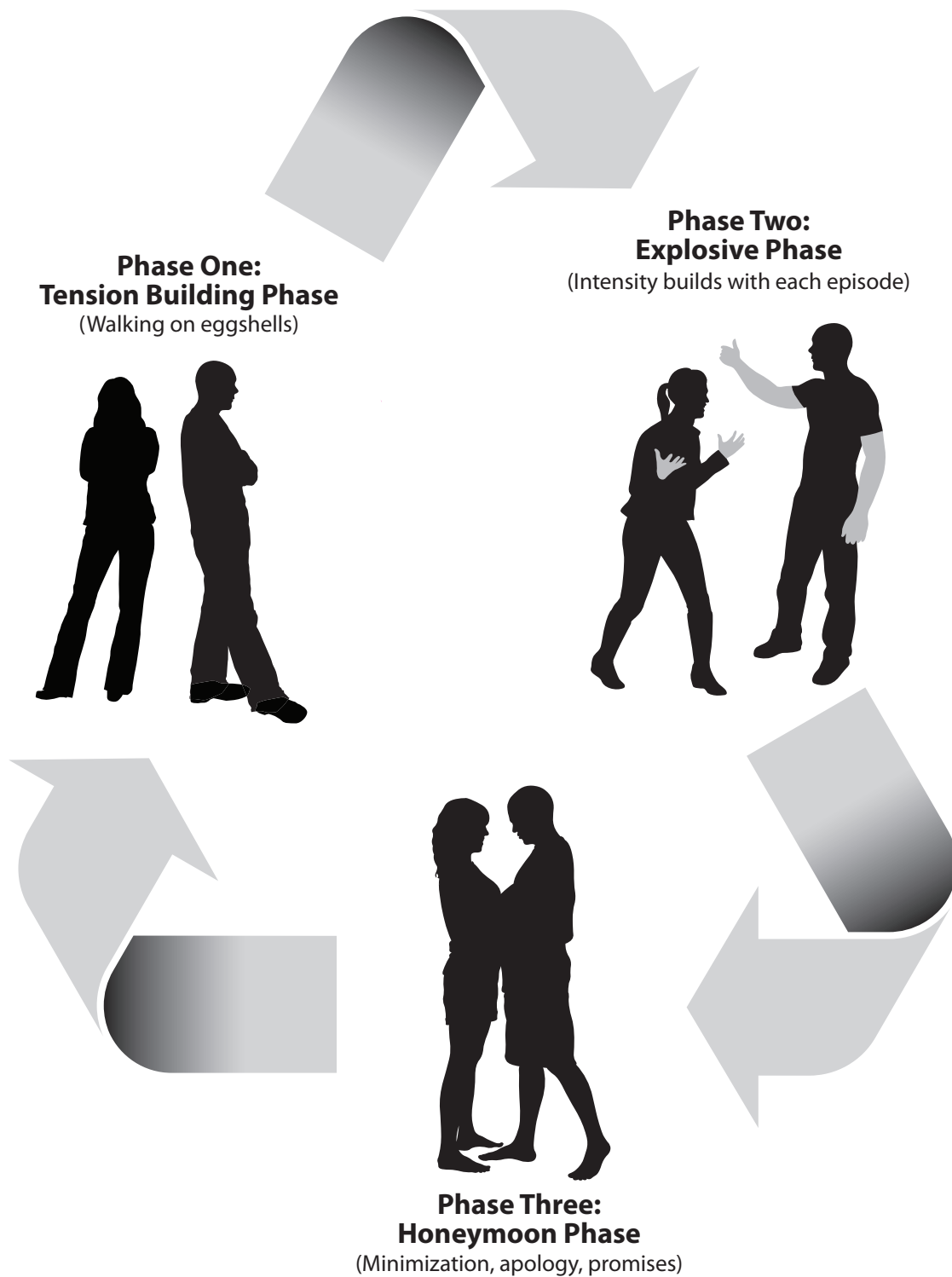
6



7

Lives in
constant
fear

Appendix B – Cycle of Violence



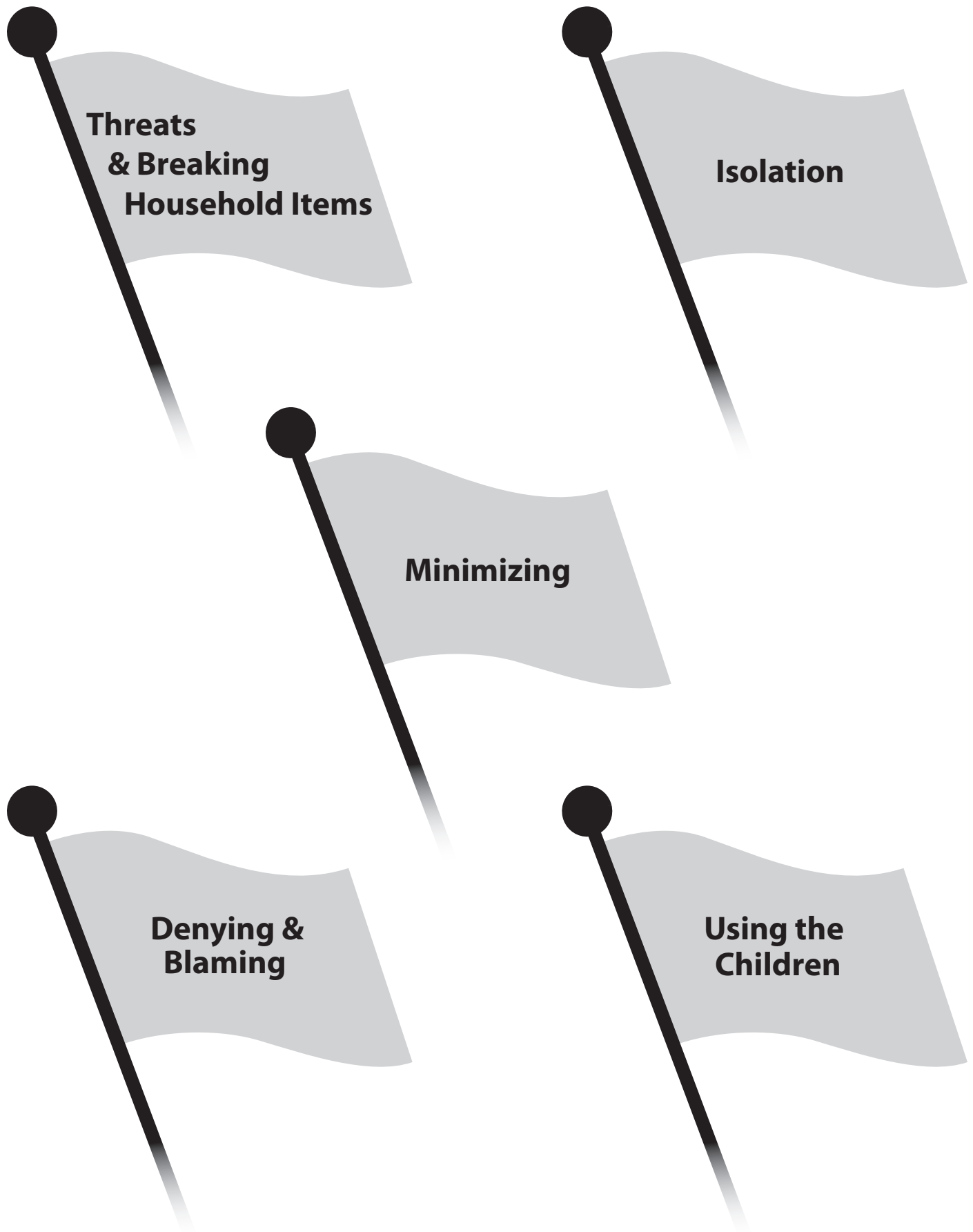
Lenore Walker, 1979

Appendix C – Red Flags









Appendix D – Green Flags











**Communicating
Openly &
Truthfully**



**Being a Positive &
Non-Violent Role
Model for the
Children**



**Sharing Parental
Responsibilities**



**Sharing Equal
Responsibility
in Household
Financial Decisions**



**Be Willing to
Compromise & Resolve
Disagreements in a
Mutually Satisfying
Manner**

Appendix E – Early Warning Signs

- Controls the household finances
- Looks and acts in ways that cause fear
- Acts with jealousy, possessiveness and accuses partner of cheating
- Attempts to control how partner spends her time, who she sees or speaks with
- Wants permission from partner to make everyday decisions
- Stops partner from seeing family members and friends
- Prevents partner from going to work, school, and church activities
- Blames others for wrongdoings
- Uses intimidation by destroying property (e.g. throwing television remote control against the floor, punching a wall, and kicking a door or yelling)
- Threatens partner with violence or a weapon
- Uses insults, profanity, and name calling to put down his partner
- Emotions are unpredictable, they can fluctuate from extreme highs and lows
- Breaks promises frequently
- Can't take criticism and always justifies his actions
- Uses children to relay messages

Appendix F – Non-Violent Strategies

- Valuing others' opinions
- Expressing empathy and being emotionally affirming
- Accepting responsibility for one's actions
- Communicating openly and truthfully
- Being a positive and non-violent role model for the children
- Sharing parental responsibilities
- Sharing equal responsibility in household financial decisions
- Be willing to compromise and resolve disagreements in a mutually satisfying manner

Appendix G - Domestic Violence Support and Information



1. Child Welfare Information Gateway:
<http://www.childwelfare.gov/systemwide/service%5Farray/domviolence/>
2. National Coalition Against Domestic Violence: <http://www.ncadv.org/>
3. National Domestic Violence Hotline: <http://www.ndvh.org/>
4. Family Violence Prevention Fund: <http://endabuse.org/>
5. National Center on Domestic and Sexual Violence: <http://www.ncdsv.org/>